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Will Sens rent to win?

Analyst weighs in as trade deadline nears. PAGE 4



FLIPPING FOR CANCON

Shelby Fenner (right) arrives on the red carpet as Mark Critch, Cathy Jones, Susan Kent and Shaun Majumder mug for a photo at the 2015 Canadian Screen Awards in Toronto on Sunday. For more CSA coverage, see page 11. CHRIS YOUNG/THE CANADIAN PRESS

Mayor injured on snowmobile

City hall. Jim Watson fractures pelvis; recovery from injury will take four to six weeks



JOE LOFARO
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Mayor Jim Watson fractured his pelvis while snowmobiling Saturday afternoon — a painful injury that will limit his public engagements, but won't slow council's work on the budget, his colleagues said Sunday.

Coun. Mathieu Fleury said Mayor Jim Watson is "a tough guy," after witnessing him fall off the snow machine in Osgoode.

The accident happened as the mayor, Fleury and Coun. Michael Qaqish were about to try out a trail after receiving training on snowmobiles at the Osgoode Carleton Snowmobile Trail Club.

The mayor lost control of his vehicle and fell to the ground, according to Rideau-Vanier Coun. Fleury.

"It happened very quickly. I was more focused on making

sure we were not moving him and that he was doing fine," said Fleury, who worked as a city lifeguard for 10 years. He said he went into first-aid mode and assessed Watson, making sure he didn't suffer a head injury.

"He was very conscious, mayor-like. He was the same, old Jim. But he was complaining about pain in his leg and his hip. So we knew he had to get that checked out," he said.

Watson was treated at the Queensway-Carleton Hospital, released and is expected to take four to six weeks to make a full recovery, which will limit his attendance at community events.

Fleury said the mayor is already back on email, but he wants Watson to take his time to recover.

Deputy mayor Mark Taylor said the injury will not delay the city budget consultations and city business is "in full swing."

Taylor and Coun. Bob Monette, the city's second deputy mayor, both have signing authority on city documents as needed, and either councillor can chair city meetings.

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Local mom 'doubly blessed' by uOttawa Heart Institute

Health. Telethon raises \$7.7 million for life-saving centre



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Being an avid marathon runner, Una Beaudry was used to pushing her body through intense exertion.

But a severe heart disorder, which accelerated her heart rate sometimes to 250 beats per minute, put a stop to that in 2003.

"Intense panic is the only way I can describe it. It's almost a crushing feeling because your heart is racing so fast," Beaudry told Metro on Sunday during the University of Ottawa Heart Institute annual telethon.

Doctors kept an eye on her arrhythmia and supraventricular tachycardia (SVT), but then decided in 2010 an operation at the University of Ottawa Heart Institute was

needed to prevent further damage to her heart.

In a six-hour operation, doctors fed a catheter into her upper thigh toward her heart and used microwaves to destroy tissue causing the arrhythmia. She was awake for the whole procedure, strapped to the table.

Fully recovered almost five years later, she said she feels "great" and is able to run again.

"The arrhythmia really put a damper on what I thought I could do. I was always a little concerned about pushing myself too hard and ending up in the ER," said Beaudry.

She ran a 100-kilometre ultra marathon last year and is registered to run in the Boston Marathon in April.

The Institute knows the Beaudry family well. Her daughter, now 28, was diagnosed at age two with a congenital heart condition, patent ductus arteriosus, and had a successful operation.

"I'm extremely grateful for both myself and for my



Una Beaudry said an operation at the University of Ottawa Heart Institute gave her her life back after being diagnosed with two heart conditions. JOE LOFARO/METRO

daughter. We're doubly blessed in our family," she said.

"I would encourage anyone who's feeling anything out of

the ordinary, do get it checked out. Because you never know what it could be and in my case, it gave me my life back,

to have this procedure."

The 2014 telethon raised \$6.2 million; this year the telethon raised \$7.7 million.

Invest Ottawa opens door to Brazil with new partnership

The head of Ottawa's economic development agency is in Brazil right now not for the warm weather and stunning beaches, but to solidify a new partnership with his Sao Paulo-based counterpart's organization, Plug.

Bruce Lazenby, president and CEO of Invest Ottawa, has been looking at Brazil as a potential partner for a long time and now has a formal partnership in place for soft-landing business opportunities to flourish south of the equator.

It also means Brazilian companies looking to enter the North American marketplace now have Ottawa as a potential landing spot.

With a population of more than 220 million people, Brazil is the largest country in the southern hemisphere.

Lazenby said the 1,400 tech companies in Ottawa who have less than 50 employees are all looking at a global marketplace.

"Brazil would normally be a place that most Ottawa companies wouldn't even attempt to take on on their own," said



Invest Ottawa president and CEO Bruce Lazenby speaks in Brazil about the #WhyOttawa campaign. CONTRIBUTED

Lazenby by phone from his hotel in Rio de Janeiro on Sunday.

"With this, what we've got is some connection where companies could come down here into a soft landing and be introduced to the people they need to be introduced to, make some connections, and find some place to work."

Invest Ottawa can also let a foreign company open an office in their building at 80 Aberdeen St. in Little Italy.

"It is an honor and a privilege to be a part of this pioneering effort and for us here in Brazil it'll be not only a chance

to learn from an incredible group of people but also bring our own flair, dedication and flavor to what will surely be an incredible platform," said Bruno Freitas, executive partner at Plug, in a news release.

In the next month or so, Invest Ottawa is expected to announce the first Brazilian company that will enter the Ottawa market. Lazenby said he is waiting for a formal announcement before disclosing details, but said it is a technology company he believes is a "good fit" for the city.

JOE LOFARO/METRO

Damages. Poet sues peers for libel and defamation

A prominent Toronto poet is suing two peers for more than \$150,000 each, accusing them both of libel and defamation following allegations of sexual harassment and assault that saw him banned from spoken word events across the country.

Greg Frankson, who goes by the stage name Ritallin, was the house poet on CBC's Here and Now radio program between 2012 and 2014. Frankson also appeared as a contestant on CBC's Canada's Smartest Person and is the founder of Cytopoetics — a "creative services" business.

In the face of the allegations, Frankson was kicked out of Ottawa's Capital Poetry Collective (CPC), and banned from attending their events in November 2014. A notice to this effect was posted on the collective's website. Spoken Word Canada (SpoCan) followed suit with a similar ban, as did other poetry groups in Toronto, London, Saskatoon, Victoria and Vancouver.

On Jan. 23, separate statements of claim were issued by Frankson's lawyers to Rusty

Priske and Ruthanne Edward. Priske and Edward, who are married, are both poets and prominent members of CPC and SpoCan.

According to the statements of claim, Edward initiated these bans by bringing a grievance before the CPC on behalf of 21 anonymous women.

That grievance, the statement of claim says, "caused false allegations of sexual assault to be rebroadcast or republished by various media outlets, poetry associations and on social media."

Priske and Edward declined to comment. Their lawyer, Russell MacCrimmon, said in a statement his clients intend to defend the matter and had no further comment.

No statement of defence has yet been filed. None of the allegations in the claim have been tested in court.

Frankson is seeking \$100,000 in general damages, \$50,000 in punitive damages, additional damages for lost income and a public retraction of the allegedly defamatory comments from both parties.

TORSTAR NEWS SERVICE

1 NEWS

Senators won't deal for 'rentals' at NHL trade deadline: Analyst

Hockey. Rumours are surrounding the likes of Chris Neil, Chris Phillips, Eric Gryba and Patrick Wiercioch



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Don't expect the Ottawa Senators to make a big blockbuster deal to bring in a high-scoring rental player for a last-minute playoff push.

But the team could make a so-called "hockey trade," sometime by Monday's 3 p.m. NHL trade deadline and rumours are surrounding the likes of Chris Neil, Chris Phillips, Eric Gryba and Patrick Wiercioch. Ottawa's young core seems untouchable.

"There is going to be no rentals, that will not happen. They are not going to mortgage the future," said TSN 1200 hockey analyst and host Steve Lloyd, on the eve of the NHL trade deadline. "If (GM Bryan Murray) is adding to the core, it's going to be a hockey trade. They want to get a top-end forward."

While there aren't any specific names, Lloyd says he has his eyes in Edmonton to see if the Oilers will dangle

young assets Jordan Eberle, Ryan Nugent-Hopkins or Taylor Hall.

He was clear that it's "only a theory," but suggested any one of the three would fill Ottawa's needs. If a deal of that sort isn't done by the deadline, it could be a summertime trade.

"You want to get a guy that is very, very good right now and can help you, but still has a ceiling left and still has term left and he can grow with your young core," added Lloyd. "Those guys are hard to find. Teams usually don't want to part with those players, but that is the kind of thing (the Senators) are looking at doing."

While he expects the team to be quiet at the deadline, Lloyd said the possibility of trading Neil is "interesting," as the rugged winger could add a lot of grit on a team looking to bang bodies in the playoffs.

Neil is still out with a hand injury, but if league GMs think he'll be ready for the post-season, they just may take that chance.

"He is the kind of guy teams want in a playoff series when matchups matter and intimidation matters," added Lloyd. "Depth defenceman could be moved, Chris Neil could be moved. Beyond that, I really don't see it."

For more coverage on the trade deadline, go to page 17.



Ottawa Senators Chris Neil, a trade possibility, battles it out with Edmonton Oilers' Luke Gazdic during a home game on Feb. 14. SEAN KILPATRICK/THE CANADIAN PRESS

At a glance

Senators: Can they be pesky again?

Led by a fill-in goalie, the

Ottawa Senators are playing their best hockey of the season.

Andrew Hammond made 28 saves to keep Ottawa in the game early and Mike Hoffman scored a power-play goal to

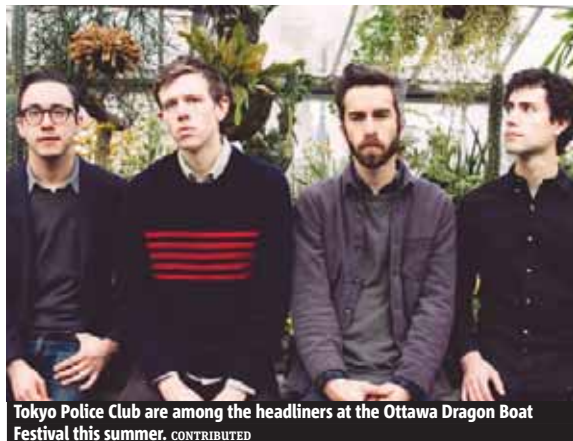
break a tie midway through the third period to lead the Senators to their fifth straight win, 4-2 over the reeling San Jose Sharks on Saturday night.

The Senators swept the three California teams on the

same road trip for the first time in franchise history and moved within seven points of Boston for the final playoff spot in the Eastern Conference.

THE CANADIAN PRESS

Great bands set to dip their paddles into this year's dragon boat festival



Tokyo Police Club are among the headline acts at the Ottawa Dragon Boat Festival this summer. CONTRIBUTED

There aren't many places where you can see bands like Tokyo Police Club, Dan Mangan and Hey Rosetta! without buying a festival-priced ticket.

But the three Canadian heavyweight bands — along with Yukon Blonde and Rural Alberta Advantage — are among headline acts at the Ottawa Dragon Boat Festival this summer.

"It's a really fun way to kick off summer and the price is impossible to beat," said festival spokesman Antony Cooper. "You're not going to find a lineup like this for free anywhere, I don't think."

Quoted

"There is some great talent in Ottawa and we are happy to showcase it."

Festival Spokesman Antony Cooper

Besides the big name headline acts, the four-day festival spread across Mooney's Bay Park also boasts hours of capital city tunes with The Acorn, Jim Bryson, Hollerado and Kalle Mattson all making the bill.

Entertainment at the festival has been getting better and better every year. Last

year was Arkells and The Sheepdogs, while previous years have featured Sloan and the Sam Roberts Band.

It's all part of the plan, says Cooper who has been trying to book Tokyo Police Club for years. This year, the stars aligned.

"The festival has always had a heart for supporting Canadian artists and local talent, too," he added.

"There is some great talent in Ottawa and we are happy to showcase it."

Music lovers have probably already circled June 25-28 in red on their calendars, as most of the headline acts

have new albums that have either been recently released or have new albums in the works, meaning listeners will be serenaded with fresh, new music.

But the festival is far from just music. With 200 teams competing on the Ottawa River, the Ottawa regatta is the biggest dragon boat festival in North America.

There are loads of kids' activities, including viewing reptiles, birds and a stunt bike demonstration. For the older crowd, there are illusionists, magicians, and, of course, a bar.

TREVOR GREENWAY/METRO

Kanata's Alexa Chick wins gold, silver at Camp Fortune

Moguls. Skier had a 'pretty good weekend' and now waits to hear if she has made it to the junior nationals



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A handful of National Capital Region (NCR) Freestyle skiers will be waiting on "pins and needles" this week to find out if they have made the cut for junior national team.

Close to 200 skiers competed in moguls and slopestyle at Camp Fortune over the weekend — with many of them scoring multiple medals over the two-day Timber Tour provincial championship.

Kanata's Alexa Chick



Moguls silver medallist Alexa Chick, gold medallist Jenna Hewat and bronze medallist Adeleine Lyon pose at the Timber Tour championships on Sunday. TREVOR GREENWAY/METRO

brought home a silver medal in dual moguls on Sunday

and a gold in single moguls on Saturday — her second

gold medal in as many weeks — as she finished

first in Muskoka over the weekend.

"It's been a pretty good weekend," said the young skier, grinning from ear to ear after being presented with her second medal. "I was really going for it at this race. I'm very happy."

Chick has been lighting up the slopes this year, striking gold at all but one Timber Tour circuit race. She took home bronze at Beaver Valley and is now faced with some tough decisions as she moves into career territory.

"I am still waiting to hear back on whether or not I made it to junior nationals. I am also trying to get on to the Ontario Moguls Team this year," she said. "But I am also in Grade 12, so I have been applying to university."

"I have some big decisions ahead of me."

Parker Johnston

Ontario teen sweeps three gold medals

Thirteen-year-old Parker Johnston from Ancaster impressed everyone on the hill, winning gold in both dual and single moguls, as well as gold in Saturday's slopestyle competition.

The young rider was bursting with confidence Sunday as three gold medals dangled from his neck.

"I compete a lot in the States and it's a lot harder competition down there, so I found this a lot easier," said Johnston. "I really want to go to the Olympics."

NCR freestyle coach Pat Boucher was happy that all of his moguls racers, including Eric Duffy and Matt Daigle, landed on the podium over the weekend, scoring five in total.

He said there are a few NCR athletes — both on the moguls team and the slopestyle team — that have a shot at making the national team. They will find out sometime this week.

Ottawa radio hosts play musical chairs

Lowell Green is back on the air. So are Codi and Gonzo. And you might be next — if you want a radio gig.

After a turbulent week of musical chairs among radio stations and their hosts, one local station is hunting for a new on-air personality with an open casting call.

Jump! 106.9 launched the "Greatest Gig on Earth" talent search on Sunday.

"We're looking for, hopefully, a total radio newbie to co-host the morning show with Tony Stark," said Mark Dickie, general manager of Corus Radio Ottawa. "This contest is open to everyone. We want teachers, dishwashers, bartenders, etc., to know they have a chance to be Tony Stark's co-host on Jump! 106.9's Breakfast Show. No radio experience is required. It's a nine-week process. Winner will be announced in early May."

Full details are posted at jumpradio.ca.

Meanwhile, over at Boom 99.7, the announcer lineup was shuffled, with Tom Shock and Sandy Sharkey moving from afternoon and evenings



Jump! 106.9's Tony Stark explains the station is looking at the public for a newbie radio host. YOUTUBE

into the morning show. Wendy Daniels shifts to midday and Pete Marier to afternoons. Heather Ray moves from midday to evenings.

Jon (Gonzo) Mark has been hired by Boom for the 10 a.m.-3 p.m. weekend shift, formerly occupied by Sharkey. "After a little break, I am back on the air in Ottawa," wrote Mark via Facebook last week.

Codi Jeffreys, among the casualties as Bob FM went silent last November, has found a home on The Jewel 98.5, where she will co-host a new all-female morning show with Nida Drake.

On country radio, Mary Anne Ivison has jumped from Country 101 to Bell Media's upstart New Country 94 (formerly Bob FM). Ivison will be the new evening drive announcer.

New Country 94 also added newcomer Sophie Moroz to the roster last week to team up with Ryan Lindsay on New Country Mornings with Ryan and Sophie.

Joel Lameroux is no longer with Country 101 and Brother Bob Derro has parted company with The Jewel.

In other news, former Bob-FM staffer Melanie Adams was hired last week by 1310News. Adams, who will be a reporter and anchor, starts Monday.

One radio personality who isn't changing jobs is Lowell Green, who had double bypass heart surgery just two weeks before Christmas, but is on his way back to his "island of sanity," radio show on Monday morning after a three-month absence.

"Same as ever. Can't wait to be back," Green told his friend Steve Madely during an on-air chat early last week.

MIKE CARROCCETTO/FOR METRO

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Conference delves into the root causes of Ottawa's gang problem

Crime. Gang members are often victims of childhood trauma: Expert



LUCY SCHOLEY
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The solution to Ottawa's gang problem starts with understanding childhood trauma, according to a social worker.

Tom Walker has counselled "a few hundred" gang members in Toronto through the city's Breaking the Cycle program. Walker was called in from Toronto on Friday for a daylong conference aimed at tackling Ottawa's major crime issue. About 250 police officers, teachers and community groups who work with Ottawa's gang members gathered at the Confederation Education Centre in Nepean for the Crime Prevention Ottawa (CPO) conference.

"What we're doing here today is trying to raise the bar on our understanding of the

complex issue with regards to gangs," said Nancy Worsfold, the CPO's executive director.

The day included workshops on mentoring at-risk youth and identities. The goal is to bridge different community groups and approach the city's gang problem together.

"Bringing people together and working from a trauma-informed perspective is the only way you're going to have success," Walker told reporters, after sharing his stirring anecdotes of young people who struggle with leaving their guns at home, or suffered childhood abuse that lead them to gangs. Many kids find a family and safety in gangs, he said.

"These men and women, these young kids have been subject to a different upbringing, a different lifestyle," added Staff-Sgt. Ken Bryden. "It requires a certain training and intervention and prevention."

There are about 500 gang members in Ottawa. Last year, the city saw a record 49 shootings, which police say were targeted and gang-related.



Tom Walker, a social worker with Toronto's Breaking the Cycle program, speaks to a conference of about 250 police officers, teachers and community groups on Friday about Ottawa's gang problem. LUCY SCHOLEY/METRO

Frigid February responsible for freezing pipes across the city



Dixon Weir, Ottawa's general manager of environmental services, Tammy Rose, manager of drinking water services, centre, and Sally McIntyre, manager of environment business services, meet Friday to address the city's frozen pipes problem. LUCY SCHOLEY/METRO

A record-breaking cold February is freezing pipes in the City of Ottawa and turning off drinking water for many households.

As of Friday, there were 64 properties in Ottawa without running water, including homes and businesses. Of those, 26 had been without water for more than 72 hours.

City crews have been working 24-hour days to restore service and hand out bottles of drinking water to these properties, city staff told reporters at a technical briefing on Friday afternoon.

The city has reached out to other municipalities and the private sector for more thawing equipment. Currently, the city uses steamer units to pump steam into the frozen pipes and heating units that run an electrical current through pipes to warm them.

Although the city is responding hours within the initial call, it could take between four and six days for a thawing crew to show up at your house. In the meantime, residents can

shower at recreation centres and melt snow to flush their toilets.

Anyone who has a history of frozen pipes should turn on one cold water faucet and let it slowly run until April 15 (at the diameter of a drinking straw), and ensure their house's heat sits at higher than six degrees — especially near the water meter.

LUCY SCHOLEY/METRO

Details

Each year, the city reviews new properties that have reported freezing pipe problems.

- In 2014, Ottawa responded to 134 instances of frozen water services, most of which were new cases of freezing pipes.
- There are 2,000 households with a reported history of frozen pipes.

Parliament Hill shooting. MP asks feds to repay cost of local policing

Ottawa Centre New Democrat MP Paul Dewar is now calling on the Conservative federal government to recover \$400,000 in city policing costs for the Parliament Hill shooting.

Dewar made the request during question period in the House of Commons on Friday, and also asked the government to renew its \$2-million-a-year funding agreement with the Ottawa Police Service.

"Ottawa's police services face a unique challenge," he said. "Protecting the national capital is a huge cost to our city. This should not compromise the safety of the wider Ottawa community."

Dewar's comments on Friday echo Ottawa Police Chief Charles Bordeleau's requests for the funding renewal.

Roxanne James, the Conservative government's parliamentary secretary to the Minister of Public Safety and Emergency Preparedness, told the House of Commons the party would look into recovering the costs.

"We are very thankful for the work that was done by all various levels of policing agen-



NDP MP Paul Dewar. SEAN KILPATRICK/
THE CANADIAN PRESS

cies, whether it was the Ottawa Police, the RCMP, or our security right here inside the Parliament," she said.

On Oct. 22, 2014, gunman Michael Zehaf Bibeau shot reservist Cpl. Nathan Cirillo, who was standing guard at the National War Memorial, before storming Parliament Hill. Police fanned out across the city, particularly the downtown core, securing buildings and trying to determine if Zehaf Bibeau had an accomplice.

LUCY SCHOLEY/METRO

Engineering a better future for young girls

Outreach program.

Special U of T class for Grade 3 pupils is part of push to make future workplace more gender-equal

Groups of students huddle around desks at a university campus as the instructor gives out a quick overview of the job at hand: Build a crane, create an electromagnet and pick up metal.

Work begins in earnest with some of the students building their contraptions with wheels "for better transportation" while others build them for strength.

But these are not university students. They are Grade 3 and Grade 4 students — about half of them girls — who like to spend a few hours on the weekend building "stuff" and learning about science.

"I've been building stuff a long time," says eight-year-old Yashu Tenneti. "In our school we're building bridges out of Popsicle sticks."

Does she want to be an engineer or scientist when she grows up?

"I don't know. I want to be many things," she says.

The class is part of an outreach program at the University of Toronto designed to help break gender, financial



Catherine Makarytchev, 8, takes her turn looking through magnifying lenses in Toronto on Saturday, while performing experiments at a junior science program at the University of Toronto. THE CANADIAN PRESS/DARREN CALABRESE

and racial barriers. The university hopes girls like Yashu will eventually enter an engineering program.

Many other universities across the country offer similar programs to encourage women to get into the fields of science, technology, engineering and math. York University, for example, runs all-girl courses that teach science through superheroes.

Later this week, the university is expected to launch the Lassonde 50:50 Challenge — an initiative that aims to achieve an equal gender-split enrolment at its Lassonde en-

gineering school.

The gender divide in professions like engineering and computer sciences is a startling problem. According to Engineers Canada, about 88 per cent of engineers are men.

Those numbers are slowly changing because of programs such as these, according to Jennifer Flanagan, the CEO of Actua — an Ottawa-based charity that promotes science to children, especially girls.

"They can experiment, tinker and that kind of environment is really conducive to boosting their confidence," Flanagan said of the programs,

which include all-girl science classes. They have been around for two decades, she said, but they've become more popular in recent years.

Last September, the first-year undergraduate engineering class at the University of Toronto saw 365 women, a 25 per cent increase from the year before. But change is slow. A report from Engineers Canada shows just 18.3 per cent of undergraduate engineering degrees were awarded to women across the country in 2013, up slightly from 17.6 per cent in 2009.

THE CANADIAN PRESS

Montreal. Massage parlour debate rolls on as business endures despite crackdown

A year after the mayor promised to crack down on erotic massage parlours, Montreal doesn't know what to do with the hundreds of such establishments operating across the city.

Officials are still debating how to tackle the issue of erotic parlours, many of which are open 24/7 and illegally employ women who have sex with men in the massage rooms. Without a firm policy, community groups and massage parlour owners say the police are letting the de facto brothels operate under a tacit agreement: Don't hire minors, don't force women to do anything they don't want to do, and keep organized crime out of it.

Yanik Chicoine, 37, oper-



Yanik Chicoine THE CANADIAN PRESS

ates two erotic massage parlours in Montreal's east end and said police leave him alone, despite the fact some of his employees sell their bodies for money inside his business. He said police have said they prefer to see prostitution at his kind of place than on the street.

THE CANADIAN PRESS

Nepal. Canadian jailed for molesting young boy

A media report says a Canadian man has been sentenced to seven years in jail in Nepal for molesting a nine-year-old boy in that country.

The Hindustan Times says 71-year-old Ernest Fenwick MacIntosh from Nova Scotia was found guilty of sexual assault by a court in Lalitpur near Kathmandu. The Hindustan Times also says the court also gave MacIntosh a fine of one million Nepalese rupees, equivalent to roughly \$12,000.

The Canadian Press could

not reach police in Nepal to confirm the report.

Canada's Department of Foreign Affairs says the Canadian detained in Nepal is receiving consular services, but the department says it cannot release any more information because of privacy concerns. An earlier report by the Himalayan Times quotes a spokesperson with the Metropolitan Police Range in Jawalakhel as saying MacIntosh allegedly forced a boy into having sex with him in December.

THE CANADIAN PRESS

Medical marijuana growers now fighting over scarce investors

The free-for-all era of Canada's commercial medical marijuana industry is over, as a new crop of growers try to woo scarce investment dollars in an increasingly competitive business.

The short-lived days of unbridled growth ended soon after last year's change in federal regulations, according to Boris Ziger, CEO of Matica Enterprises Inc, a Canadian company aiming to enter the medical marijuana supply industry. Ziger said those changes shifted medical-marijuana production away from patients growing their own pot, and toward more commercial enterprises.

According to Ziger, the stock market went "crazy" in the spring of 2014 as various

Quoted

"People have had enough of the hype. The market is wise to it now."

Nick Brusatore, who co-owns Affinor Growers

companies began branding themselves as pot producers in hopes of cashing in.

All the exuberance at the beginning of the rush had Canada's security regulators warning investors about buying into medical marijuana companies over lack of disclosure and the general frenzy in the market.

"It was a very hyped-up market, people were very speculative, a lot of loosey-goosey talk," said Nick Brusatore, who owns

a controlling share of vertical-farm innovator and marijuana-producing hopeful Affinor Growers.

"People have had enough of the hype," he said. "The market's wise to it now." But new businesses trying to get into medical marijuana production are having a tough time financing their ventures.

"Even we're finding it a little difficult to raise some cash," Ziger said, adding the new-

est players have to work a lot harder for what could be a big payoff.

Ziger said Matica is in the final stages of obtaining a licence from Health Canada and plans are in the works for a \$10-million expansion of a 14-hectare lot in Nova Scotia for THC to eventually produce 11,000 kilograms of medical marijuana annually. Health Canada said 23 licences have been issued — 15 for fully authorized production of medical marijuana and eight for probationary, cultivation-only permits. The agency is currently processing 320 applications.

An estimated 40,000 patients use medical marijuana in Canada. THE CANADIAN PRESS

Winnipeg

Thief arrested after giving cops place to meet him

A man arrested within an hour of stealing a teen's phone in Winnipeg Thursday couldn't have made investigator's jobs any easier, short of bringing his own handcuffs to be led away in. Officers investigating after a teenage girl reported a man with a knife had made off with her phone started their investigation by calling the phone. He gave police a time and place they could meet him in order to trade \$100 for the safe return of the phone. The man — Obediah Courchene, 24 — did not know he was speaking to police and was caught and charged.

METRO WINNIPEG

Calgary

Son faced abuse on anti-bullying day; mom angry

Jessica's son dressed up in bright colours before heading off to Banff Trail School last week for Pink Shirt Day, an occasion where students and staff alike take a stand against bullying. But during the lunch break, Jessica said seven kids swarmed her son and one repeatedly struck him. "The teacher who was on duty didn't see what happened," said Jessica, whom Metro has agreed to identify only by first name to protect her son's identity.

"They're saying they don't believe the victim, and (they) know something's happening, but ... don't think it's a big deal."

JEREMY NOLAIS/METRO

Ebola. Vice-president of Sierra Leone quarantined after exposure to Ebola

Sierra Leone's vice-president has put himself in voluntary quarantine following the death from Ebola of one of his security guards.

Vice-President Samuel Sam-Sumana became acting president Sunday when President Ernest Bai Koroma left Sierra Leone to attend a European Union conference on Ebola in Belgium. Sam-Sumana will carry out his presidential duties from his home.

He is the highest-ranking African official to be in quarantine in this Ebola outbreak in West Africa, which is fast approaching a death toll of 10,000. The news highlights the rise of new cases in Sierra Leone, which has experienced a setback in curbing the spread of Ebola.

Sam-Sumana voluntarily



Sierra Leone's VP Samuel Sam-Sumana. THE ASSOCIATED PRESS

decided to quarantine himself for 21 days following the death from Ebola last Tuesday of one of his security personnel.

THE ASSOCIATED PRESS

Terror. 'Jihadi John' thought of suicide before going to Syria: Emails

Newly published emails suggest the man who became known as "Jihadi John" had suicidal thoughts before leaving Britain for Syria.

In an email exchange with the Mail on Sunday five years ago, he talked of taking too many sleeping pills and sleeping forever as a way to get away from British security service scrutiny. Mohammed Emwazi told a journalist at the newspaper in an email that he felt like a "dead man walking."

Emwazi was revealed this week to be the Islamic State militant known as "Jihadi John," who appears in be-

Quoted

"He seemed to have a persecution complex and desperately wanted his story to be told."

Journalist Robert Verkaik described meeting Mohammed Emwazi in 2010.

heading videos brandishing a large knife.

He was a computer science graduate who lived in west London before leaving for Syria in 2013. He was interrogated by security services while in Britain but never arrested. THE ASSOCIATED PRESS

Afghanistan

Avalanche death toll rises

An Afghan official says the death toll from a massive avalanche in a mountainous valley near Kabul last week rose to 198 as bulldozers began clearing roads and rescue teams were able to reach remote villages. As rescue workers dig through the snow, they are uncovering more bodies. Helicopters are dropping food to villages. THE ASSOCIATED PRESS

Space Station

Spacewalking astronauts finish tricky cable job

Spacewalking astronauts successfully completed a three-day cable job outside the International Space Station on Sunday, routing several-hundred feet of power and data lines for new crew capsules. It was the third spacewalk in a week for two Americans. THE ASSOCIATED PRESS

Thousands mourn slain Putin critic

Russia. Demonstrators in Moscow march and chant to mourn murdered opposition leader Boris Nemtsov

Carrying flowers, portraits and signs that said, "I am not afraid," tens of thousands of people somberly marched Sunday in Moscow to mourn opposition politician Boris Nemtsov, whose slaying on the streets of the capital has shaken Russia's beleaguered opposition.

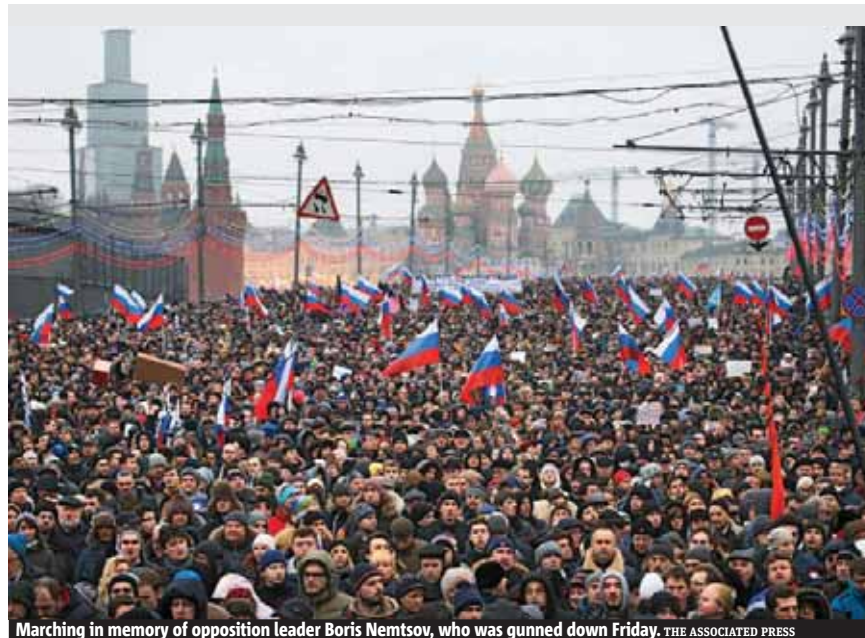
The mourners marched to the bridge near the Kremlin where Nemtsov was gunned down shortly before midnight Friday. Chanting "We'll not forget, we'll not forgive" and waving Russian flags, the crowd filled the road along the Moscow River embankment. Many tied black ribbons to railings along the way.

The mood was sombre, with heavy security. Police helicopters flew overhead and police boats patrolled the river.

No one has been arrested in Nemtsov's killing, and Russia's federal investigative agency said it was looking into several possible motives.

Ilya Yashin, a friend and fellow opposition leader, said he hoped the killing would not frighten people.

"Essentially it is an act of terror. It is a political murder aimed at frightening the population, or the part of the population that supported Nemtsov and did not agree with the government," Yashin said. "I hope we won't get scared, that we will continue what Boris was doing."



Marching in memory of opposition leader Boris Nemtsov, who was gunned down Friday. THE ASSOCIATED PRESS

U.S. view

"We hope there will be a thorough, transparent, real investigation, not just of who actually fired the shots, but who, if anyone, may have ordered or instructed this." U.S. Secretary of State John Kerry. He said on Sunday television that the United States had no intelligence on who was behind the shooting.

Russian President Vladimir Putin has marginalized and intimidated his political opponents, jailing some and driving others into exile, since mass anti-Putin protests swept Moscow in 2011 and 2012. Nemtsov, 55, was among the few prominent opposition figures who had refused to be cowed.

Sunday's march could energize the opposition, but it could also prove to be a brief expression of emotions that dissipates in a climate of fear.

Mikhail Kasyanov, a former prime minister who joined the opposition, told the crowd the killing should be a turning point for Russia "for the simple reason that people who before thought that they could quietly sit in their kitchens and simply discuss problems within the family, now will start reconsidering everything that's going on in our country."

Russia's Investigative Committee said it is considering the possibility that Nemtsov's

'We are not afraid'

Another mourning march for Nemtsov was held earlier Sunday in St. Petersburg, drawing what police estimated was 6,000 people.

- Nelly Prusskaya, a 66-year-old doctor, said she came to pay her respects to Nemtsov. "I also came to say that I'm against the war in Ukraine... I'm against political murders."

killing was aimed at destabilizing the political situation in Russia and the politician was a "sacrificial victim for those who do not shun any method for achieving ... goals."

THE ASSOCIATED PRESS

Rare white elephant captured



White elephant at a Myanmar zoo in 2012. THE ASSOCIATED PRESS

Myanmar's forestry department has captured a rare white elephant in the jungles of the country's western Ayeyarwaddy region, an official said Sunday.

The seven-year-old female was captured Friday, six weeks after it was initially spotted in a reserve in Patheingyi township, forestry

official Tun Tun Oo said. It's the ninth white elephant in captivity in the country.

"We had to be careful," Tun Tun Oo said of the 1.9-metre-tall elephant. "It's wild. We didn't want the elephant or the forestry department officials to get hurt."

White elephants, which are actually albinos, have

been revered for centuries in Myanmar, Thailand, Laos and other Asian nations.

Often pinkish in colour, with fair eyelashes and toenails, the animals were normally kept by monarchs as symbols of power and prosperity — many people still believe they bring good luck to a country. THE ASSOCIATED PRESS

Telecoms. BlackBerry, Samsung pursue business sector customers together

BlackBerry Ltd. (TSX:BB) is bulking up its security partnership with Samsung Electronics in an effort to attract more business customers.

The Waterloo, Ont.-based smartphone company says it has locked in a new agreement that will integrate more of its services into Samsung Knox, the South Korean company's mobile security platform.

The pact is the latest in a growing relationship between BlackBerry and Samsung, once smartphone industry rivals who are now combining some of their efforts to bolster a competitive stance against Apple Inc., which is making its own solo push into the business community — known within the industry as enterprise users.

BlackBerry chief executive John Chen said his company brings additional security features to the table that Samsung needed to im-

prove its slate of software.

"Samsung is a consumer company and they intended to get into the enterprise space," Chen said on a recent conference call with reporters.

"Enterprise needs a lot more than what the Knox offered."

The joint announcement comes just before the start of the Mobile World Congress trade fair in Barcelona, Spain on Monday.

BlackBerry's WorkLife allows businesses to supply phones to their employees, but create a virtual divide within the device that allows it to operate as if it were two separate phones.

SecuSuite software adds an extra level of security to the phone with encryption technology that makes voice and text communication "virtually tap-proof," BlackBerry said. The service will be available on Samsung Knox this fall.

THE ASSOCIATED PRESS



Samsung unveils its state of the art

The new Galaxy S6, right, and S6 Edge are displayed during a Samsung Galaxy Unpacked 2015 event on the eve of this week's Mobile World Congress wireless show in Barcelona, Spain, Sunday, March 1, unveiling a new phone that ditches its signature plastic design for metal and glass. The South Korean phone manufacturer also unveiled a premium model with a display that curves around the edges.

MANU FERNANDEZ/THE ASSOCIATED PRESS

Air travel

South Pacific nations to bolster aircraft tracking

Australia, Indonesia and Malaysia will lead a trial of an enhanced method of tracking aircraft over remote oceans to allow planes to be more easily found should they vanish like Malaysia Airlines Flight 370.

The trial is expected to use satellite-based positioning technology.

THE ASSOCIATED PRESS

International trade

Lobster prices hold despite demand

Canadian lobster exports to Asia are growing, but Bernie Berry of the Coldwater Lobster Association said prices are not yet reflecting the increased Asian demand.

He said prices in his area this year are about 10 cents higher on average than the year before.

THE CANADIAN PRESS

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VOICES

THE TWO PER CENT PROBLEM

Making arbitrary budget caps frames the debate in terms of what we're willing to pay for our city, without thinking about what the city we want actually costs



COLLINS
CAPITAL
Steve Collins

City council votes on the budget next week, but the package is tied up a little less neatly than in recent years.

The cap on property tax increases on which Mayor Watson campaigned in 2010 has tightened with every successive budget, and last year he promised to hold the line at 2 per cent or less, but little pressures are building.

What if two per cent solution is part of the problem?

As I write this, my interim property tax bill lurks pitilessly nearby, an insignificant sum to the city's coffers, but a noticeable, not-painless chunk of my household budget. I'm selfishly glad the amount's only grown a little from last year's. How much more would I willingly pay?

Good question, but maybe the wrong one.

An arbitrary budget cap frames the debate in terms of what we're willing to pay for our city, without consideration of what the city we want actually costs. The longer and harder we squeeze that budget, and require that any idea that costs money must be funded by killing another one, more jobs fall off our civic-to-do list.

Kitchissippi Coun. Jeff Leiper, you'll recall, objected to this year's hike to transit fares, and particularly the 2.9 per cent increase in the cash fare, which he argues will hit the city's poor the hardest.

The increases, staff told the commission, are in line with the city's policy to recoup more than half of OC Transpo's costs from fares, but Leiper, elected as a policy-maker after all, wasn't buying.

“Several of the new councillors at least, we’re not invested in the city’s old policies with

respect to what the ratio should be," he told reporters later.

Another first-term councillor, Somerset's Catherine McKenney wants money from the city's tightly-wound budget to soften the blow of steep provincial and federal funding cuts to agencies that deal with the city's homeless, Centre 507, the Odawa Native Friendship Centre, the Well and Cornerstone.

And it isn't just the new guard chafing at budget restrictions. College Coun. Rick Chiarelli, the longest-serving member of council, last week complained that none of the \$3 million earmarked for repairs to parks and buildings will this year replace worn-out playground equipment.

Playgrounds are a core service for kids—and for politicians keen on their parents' votes in 2018. There are very few city services, actually, that somebody doesn't consider essential,

and they all cost money.

As the Canadian Federation of Municipalities points out (unto blueness in the face) cities are already responsible for 60 per cent of the country's infrastructure, but collecting only 8 cents of every tax dollar.

That relentless math has taken a toll on infrastructure, and not just on the playground. In 2012, remember, a sinkhole swallowed a car on Highway 174. Countless less dramatic breakdowns accumulate every year.

The bigger problem is that cities depend on senior levels of government for the money to do their jobs, but single-minded reverence for a politically-calibrated budget cap can spawn countless smaller problems which start piling up.

Some constructive blasphemy against the Holy Two Per Cent is in order around the council table next week.

Your Ottawa



Northern skies

Photo submitted by Metro reader Alberto Asencio

Shortly after midnight early Sunday morning, photographer and Northern Lights enthusiast Alberto Ascencio shot this photo of the Aurora Borealis near the corner of Constance Bay and Dunrobbin Roads. Ascencio says he became interested in the auroras after seeing them in 2003. A few years ago, a friend alerted him on Twitter that another aurora was happening and he managed to capture it in a photo. He now monitors spaceweather.com to find out when the lights will be happening. His most recent aurora photo was taken with a 15 second exposure, under the glow of a nearly full moon. **COURTESY ALBERTO ASCENCIO / BLUYFYRE PHOTOGRAPHY**

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of your city to
readers@metronews.ca

Upcoming

How to build a robot brain

Carleton University's Faculty of Science will host computer scientist Angelica Lim during its annual Discoverer Lecture on Monday, March 2. Lim will deliver a lecture entitled *How To Build a Robot Brain: From Artificial Intelligence to Emotional Intelligence*. Lim will talk about how far we are from making C3P-O and Rosie the Robot a reality. She will explore the components of a robot brain and reviewing the latest research on making robots human-like, especially in the field of using and understanding social and emotional cues. The event is free and open to the public, but registration is required at events.carleton.ca/discovery-lecture/#reg. **METRO**

Transportation meeting

The City of Ottawa's Transportation Committee meets Wednesday at 9:30 a.m. to improving the city's vehicle safety and commercial vehicle operator's registration rating. The committee will also discuss aspects of the city's draft budget. **METRO**

Theatre: *Obaaberima*

The gritty play *Obaaberima* begins showing at The National Arts Centre. Running from March 3-14 Tawiah M'Carthy's play introduces audiences to a young man from Ghana, jailed in Canada for a violent crime. Through storytelling, dance and live music, *Obaaberima* ("girlboy") chronicles young Agyemman's journey from confused childhood in Ghana to mature Canadian adulthood. M'Carthy explores sexuality and socialization in his uniquely layered world. **METRO**

CSAs love Mommy

The troubled characters in Xavier Dolan's forceful film *Mommy* had no trouble sweeping the Canadian Screen Awards on Sunday night, when the acclaimed feature racked up nine prizes including best picture.

Dolan's raw look at a widowed mother and her violent teenage son dominated the film categories, with the 25-year-old Quebec

phenom taking best director, best editing and best original screenplay for himself.

The wins began before the glitzy CBC broadcast even hit the air, when Dolan was awarded the best editing and best original screenplay award in a non-televised pre-show.

"I'd love to thank my mother and dedicate this award to her, I truly mean

it," said Dolan, whose searing debut, *I Killed My Mother* was also an intense mother-son saga.

During the broadcast, *Mommy* claimed all three of the acting prizes it had been up for, with best actor going to Antoine Olivier Pilon, best actress to Anne Dorval and best supporting actress to Suzanne Clement.

THE CANADIAN PRESS



Mommy director Xavier Dolan and producer Nancy Grant.

G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA



Schitt's Creek actress Annie Murphy poses with Dan and Eugene Levy on the Canadian Screen Awards red carpet on Sunday. G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA

Canadian Royalty

Homegrown stars including Tatiana Maslany and Kiefer Sutherland gathered to celebrate the best in film, TV and digital media at the Canadian Screen Awards on Sunday night.

THE CANADIAN PRESS

Gimme Moore

Julianne Moore, who stars in David Cronenberg's *Maps to the Stars*, walked the red carpet in Toronto at the annual awards show where she was nominated for best actress in a film. She did not take home the trophy, however co-star John Cusack won for best supporting actor.

G. PIMENTEL
PHOTOGRAPHY/ACADEMY.CA

Not a Rookie win

Missy Peregrin holds the Golden Screen award for the highest rated TV drama for *Rookie Blue* at the Canadian Screen Awards.

THE CANADIAN
PRESS



Best actress success cloned

Tatiana Maslany, who plays multiple characters in *Orphan Black*, won for best actress in a drama for the second year in a row. The hit *Space* series was also named best drama.

G. PIMENTEL
PHOTOGRAPHY/ACADEMY.CA



2 SCENE

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES

Kid Rock's instagram abuzz



Kid Rock's recent comments about Beyoncé drew the ire of her fans. GETTY IMAGES

Kid Rock is learning the hard way that you do not want to cross Beyoncé — or her legion of fans. Rock had some pretty unkind things to say about the Single Ladies singer's musical legacy and physical attractiveness during a rant to Rolling Stone: "Beyoncé, to me, doesn't have a f—ing Purple Rain, but she's the biggest thing on

Earth," he says. "How can you be that big without at least one Sweet Home Alabama or Old Time Rock & Roll? People are like, 'Beyoncé's hot. Got a nice f—ing ass.' I'm like, 'Cool, I like skinny white chicks with big (breasts).' Doesn't really f—ing do much for me." Charming.

So what did Beyoncé's fans do? The 'Beyhive' descended

on Rock's Instagram account and flooded his recent photos with countless comments and bee emojis. It's kind of beautiful, but still probably more attention than Rock deserves.

Quoted

"How can you be that big without at least one 'Sweet Home Alabama'?"

Detroit rocker Kid Rock on Beyoncé's fame.



Justin Bieber with model Naomi Campbell at a recent charity event. GARETH CATTERMOL/GETTY IMAGES

Biebs parties like it's his 21st birthday

Look out world, Canada's crown prince of obnoxiousness is really, truly not a kid anymore. Justin Bieber celebrated his 21st birthday over the weekend with numerous exuberant Twitter updates. Oh, and a huge house party, filled with sprinklers and 50 Cent hits, if the brief video he posted is any indication. Now that he's come of age, Bieber will have to find some new reason to get kicked out of U.S. nightclubs, but I'm sure he'll think of something. He's very resourceful.

From the icy lake, to warmer nuptials

Lady Gaga made the plunge into the icy waters of Chicago's Lake Michigan at a fundraiser for Special Olympics on Sunday.

Gaga recently announced that she was ready to take a slightly warmer plunge, confirming her engagement to Chicago Fire actor Taylor Kinney.

The singer is seen soaking



Lady Gaga made the plunge into the icy waters of Chicago's Lake Michigan at a fundraiser for Special Olympics on Sunday. TASOS KATOPODIS/GETTY IMAGES

wet in the pic below along with Kinney, who is wrestling with David Eigenberg (of Sex and the City), and Jon Seda (Homicide: Life on the Street).

Special Olympics Chicago President Casey Hogan said Sunday that Gaga did the plunge with more than 4,500 other participants. Hogan says the singer's appearance

was "a very nice surprise."

Actor Vince Vaughn also took a dip for the charity. The Lake Forest native was dressed in his Chicago Blackhawks jersey and jeans. He went in up to his knees, then eased himself down backward in the water. **THE ASSOCIATED PRESS**

'Nothing strange' about ScarJo kiss



Scarlett Johansson recently came to the defence of friend John Travolta. GETTY IMAGES

So that super-creepy photo of John Travolta grabbing and kissing Scarlett Johansson on the red carpet? Well, Johansson herself has heard what you've been saying about it and she wants you all to knock it off.

"There is nothing strange, creepy or inappropriate about John Travolta," she tells the Associated Press.

"The image that is circulating is an unfortunate still-frame from a live-action encounter that was very sweet and totally welcome. That still photo does not reflect what preceded and followed if you see the moment live ... I haven't seen John in some years and it is always a pleasure to be greeted by him."

If you say so.

Rodriguez sorry for TMZ rant

So what is Michelle Rodriguez apologizing for this time? Oh, just a little rant to TMZ outside a restaurant about the trend of updating comic book superhero characters with non-white actors. "That's the dumbest thing I've ever heard," Rodriguez said to a question about whether she would be playing the Green Lantern. "Because of this whole, like, 'minorities in Hollywood' thing, it's so stupid. Like, stop stealing all the white people's superheroes. Like, make up your own. You know what I'm saying?"

Apparently not enough people did actually know what she was saying, because Rodriguez quickly took to Facebook with a video apologizing for her comments and adding a bit of clarity to the idea she was, like, trying to get across. "I guess it got

taken out of context because a lot of people got offended or whatever," she says in the iPhone video shot while snuggled in her bed, a cat curled up beside her. "Ultimately at the end of the day there's a language, and the language that you speak in Hollywood is successful franchises. I think there are many cultures in Hollywood that are not white that could come up with

their own mythology." She also says something about the Fountain of Life and calls turning white characters black "lazy."

So ... we're all good now?



The advantage of an allowance

Money smarts.
Giving kids their own dollars to spend and save teaches them important lessons



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

It's one of the universal truths about kids: Get them in a store and they are transformed into beggars as persistent as any telemarketer. Every shopping trip leads to upturned faces and pleas of, "Mom, can I have this?"

We like to blame the commercials on television, or over-indulgent parents, or a sense of entitlement never before seen because of rampant consumerism. But maybe the real culprits are habit and routine.

When was the last time you went into a store without buying something?

In our hectic, gotta-get-it-done lives, we seldom take the time to window shop or browse. Almost every store entry ends in a purchase. Maybe it's only natural that children copy our retail routines.

When everything is magically acquired by swiping a card and pushing some buttons, how are kids supposed to understand that there isn't an endless fountain of purchasing power? And since it's sometimes easier just to give in to our kids' all-too-frequent demands than to explain the big picture, children learn the wrong lessons.

We can all agree that children who are shown how to be responsible about money early on will be much more likely to stay in good financial shape down the road. But how do you



Money management is a concrete skill and kids need access to money to learn how to manage it. ISTOCK

get started?

First, you've got to give 'em some money. Before children can learn to manage money they need to be able to get their hands on the stuff. The debate about allowance — how much children should receive and who should manage it — rages. But the reality is that kids can't learn about money if they have no money to work with. Money management is a concrete skill. Yes, there are some abstract concepts you'll eventually have to cover — like compound interest — but it all starts with nickels, dimes, quarters, loonies and toonies.

I define an allowance as the money you normally spend on your kid put in your child's hands so he or she can learn

Allowance basics

Look at an allowance as having three parts:

- The part to be saved, the part to be shared, and the part to be spent.
- This third part can be further broken down into two parts: the spending kids want to be able to do on

a whim, and the spending they intend to do based on specific expenses and expressly stated goals.

- Saving, sharing and planned spending are all ideas that have to be introduced, practised and reinforced.

to manage it. Given regularly, an allowance not only provides kids with the bucks they need to experiment with saving and spending, it also gives them the responsibility for keeping their money safe and using it wisely.

Over time, even a modest allowance will get kids thinking about the value of money and how to make their dollars go further.

The alternative to an allowance, and a trap for most par-

ents, is the dole system. That's when your kid asks for some cash and you dole it out. Since the dole system has no limit, there is no reason for a child to set priorities or make a decision on relative value.

If you're currently on the dole system and don't fully appreciate what it's costing you, consider keeping track of all money you hand over to your kid in a month. You may be surprised at how large his allowance is!

The amount you give your child will depend on how much you can afford, your child's age, and what you expect your child to do with her allowance. If the most you can afford is five dollars a week, so be it. While some parents are stuck on the two-dollar-a-week allowance, just think about what \$2 can buy in this day and age.

Younger children need less money. If you expect older children to buy some of their own clothes, pay for their own haircuts and plan for big-ticket buys such as camp or car insurance, you'll have to figure out what each of those things costs. To those planned spending items you'll need to add some money for establishing a regular savings habit and, perhaps, some money for sharing.

You can use the age of each child as a guide, giving a dollar a week for each year of age. So a seven-year old gets seven dollars. You're the best judge of the amount that will be most appropriate for your child.

To differentiate between the different purposes for money, set up containers for each purpose. This is where the idea for the Magic Jars on Til Debt came from. The reason the jars work for children (and apparently for adults, too) is that they make the finite nature of money visual. There is only so much.

3
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Keep your eyes on the prize like an Olympian

Tips



Gold medalist Bradley Snyder. GETTY IMAGES

Paralympian talks tackling adversity

Naval veteran Brad Snyder distinctly recalls the moment he realized that his life would never be the same.

It was just after he was wounded during an IED attack in Afghanistan with injuries that would leave him permanently blind. "I remember waking up in the hospital and thinking 'when I dream I can see, I can walk around just fine. But when I wake up, it's dark again.'"

During his recovery, a nurse asked Snyder if he liked sports and suggested that he consider training for the Paralympics. A member of the swim team during his time at the Naval Academy, Snyder decided to return to the sport and ended up winning two golds and one silver for the United States during the 2012 Paralympic Games in London. While most will not have to recover from setbacks as extreme as Snyder's, he stresses that

there are universal lessons to be learned from his experiences. We caught up with Snyder shortly after a recent speech he made at New York University as part of Deloitte's "Road Show with Team USA."

Try not to think of the past: "Dwelling on the negatives, dwelling on the stress, dwelling on the uncertainty — none of these are going to get you anywhere," says Snyder. "Focus on the positives, focus on personal development, focus on the upsides."

Accept that unfair things happen: "Crappy things are going to happen to everyone," Snyder points out. "We're all going to face adversity. Embrace your circumstances and realize that you can make things change."

Be humble: "I've had the good fortune that the way the Navy works is that you are thrown into the fire right away," says Snyder. "I have been the laughing stock of every joke, I've made so many mistakes that I can't even count them ... It's important to remember that success is often the fourth or fifth attempt."

LAKSHMI GANDHI, METRO NEW YORK

Career. Gold medalist Evan Lysacek explains how he manages to stay in the zone

LAKSHMI GANDHI
Metro New York

Olympian Evan Lysacek is quick to say that he was never the best skater on the ice.

"I felt that I was never as naturally talented or, overall, as good as my competitors," the 29-year-old tells us.

"But I always felt that if I could outwork them, then I could outperform them."

That hard work paid off for the American figure skater in 2010, when he took home the

gold medal at the Vancouver Olympics.

Along with Paralympic swimmer Brad Snyder, Lysacek has been touring college campuses across the country as part of Deloitte's Road Show with Team USA. The two athletes have been speaking about their career journeys and explaining to students how they carved a path to success.

We caught up with Lysacek after his recent appearance at New York University and asked him for his tips on how ambitious readers can achieve their career goals.

Don't let anxiety derail you Lysacek often speaks of the anxiety that temporarily threw him off during his routine in the Vancouver trials. Since then, he's come up

Maintain your focus

Competing as a teen, Lysacek admits that he did have moments where he wished that he could have hung out with friends instead of constantly heading to the rink.

- "It's an abnormal life," he admits. "But I'm sure that there are a lot of fields where that same sacrifice and discipline come in."

the preparation in to manage the stress and anxiety, I do it."

Be willing to change course After skating for more than half his life, Lysacek recently embarked on a new career in the real estate industry.

"I'm learning a new industry and taking on as much responsibility as I can," he says. "And I'm just trying to bring a lot of the ideals that I learned in my first chapter into this."

But, he adds, he hasn't left the skating life behind and will be going on tour again in March.

Balancing the two worlds has been interesting. "I'm very sore all of the time. I'm thinking about contracts, leasing, square footage while also trying to think about skating technique," he says.



American figure skater Evan Lysacek won the gold medal at the 2010 Winter Olympics in Vancouver. GETTY IMAGES

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Top chicken with flavours of Greece

Dinner. Sautéed chicken breast with spinach, feta and tomatoes makes a zesty entree



ROSE REISMAN
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Kick off March with this fresh and easy dinner that rivals any restaurant entree.

Chicken is one of the most versatile proteins to serve. You can enjoy it as an informal everyday meal or jazz it up like what I've done here. The chicken doesn't need to be marinated or seasoned since there is so much flavour in the topping.

The chicken is lightly breaded and sautéed in a small amount of oil. The sautéed spinach and onions are the perfect match with the feta, tomatoes and olives, giving it a Greek infusion of flavours.

Feel free to substitute the spinach for baby kale and use any other firm cheese such as grated Parmesan, Asiago or crumbled goat cheese. I love to serve this meal with a Greek or Caprese salad.



This recipe serves four. ROSE REISMAN

**TOTAL
TIME**
ABOUT 25
MINUTES

Directions

1. Mix egg and milk on a large plate. On a separate plate, mix bread crumbs and Parmesan. Dip chicken in egg mixture, then bread crumbs.

2. Spray a large skillet with vegetable spray and add 2 tsp vegetable oil. On medium

heat, sauté chicken pieces until cooked through, about 5-8 minutes. Set aside.

3. In another large skillet, add remaining 2 tsp vegetable oil and onions, garlic and basil. Sauté for 3 minutes until onions are softened.

4. Add whole tomatoes and

sauté just until tomatoes begin to blister. Add spinach and sauté just until spinach starts to wilt.

5. Spread spinach mixture over chicken. Sprinkle with olives and feta.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 egg
- 2 tbsp milk or water
- 1 cup bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 1/2 lb chicken breast, pounded
- 4 tsp vegetable oil
- 1 cup diced onion
- 1 tsp crushed garlic
- 1/2 tsp dried basil
- 16 small cherry or grape tomatoes
- 8 cups fresh chopped spinach
- 3 tbsp sliced black olives
- 1 oz crumbled feta cheese

Winter salad spikes kale and lentils with sweetness of pears



This recipe serves six as a main. MATTHEW MEAD/THE ASSOCIATED PRESS

This chopped kale and lentil salad manages to feel both energizing and comforting at the same time.

The star is a handy box of steamed precooked lentils. Most grocers carry these alongside the packaged produce. Keep a box in the refrigerator and you'll find a million ways to use those lentils. Add a handful to soups, pasta or quinoa dishes, tuck some into an egg-white omelette topped with salsa, or sauté some up with brown rice and curry paste.

Save a little cash by cooking your own lentils (dry lentils are cheaper). The easiest way to cook dry green lentils is to boil them in ample salted water until al dente, about 12 to 15 minutes. Either way, lentils are

a nutritional bargain. Each cup of lentils is packed with folate, 16 grams of fibre and 18 grams of protein.

For this salad, use any hearty green. Kale is ubiquitous this time of year, and it's pretty darn cheap.

Directions

1. In large salad bowl, combine kale, lentils and walnuts.

2. Place the shallots in a small bowl, then pour the vinegar and boiling water over them. Add a pinch of salt, then stir and set aside to pickle for 5 minutes.

3. Meanwhile, in another small bowl prepare the dressing. Whisk together the mus-

Ingredients

- 1 large bunch of kale, washed, dried, destemmed and chopped (about 4 cups)
- 2 cups cooked green lentils
- 3/4 cups walnuts, toasted and roughly chopped
- 2 small shallots, thinly sliced
- 2 tbsp white or apple cider vinegar
- 1/2 cup boiling water
- Kosher salt
- 1 pear, cored and diced

Dressing

- 1 tbsp Dijon mustard
- 3 tbsp lemon juice
- 2 tbsp red wine vinegar
- 2 tbsp water
- 2 tbsp olive oil
- Ground black pepper
- 1/4 tsp black truffle salt (optional)

tard, lemon juice, vinegar and water. Drizzle in the olive and whisk until emulsified. Add pepper and black truffle salt, if using.

4. Once the shallots have pickled, add the diced pear, toss for a few seconds, then

drain, discarding the liquid. Use paper towels to blot the shallots and pear dry, then add them to the salad bowl.

5. Pour the dressing over the salad, then toss to coat. Drizzle on more olive oil if desired before serving. **THE ASSOCIATED PRESS**

NHL

Rangers make deal for Yandle

The New York Rangers acquired defenceman Keith Yandle from the Arizona Coyotes on Sunday.

The Coyotes confirmed on Twitter that Yandle, along with defenceman Chris Summers and a fourth-round pick in 2015, are heading to New York in exchange for top prospect Anthony Duclair, defenceman John Moore, a first-round draft pick in 2016 and a second-round pick in 2015.

The Coyotes are also reportedly retaining 50 per cent of Yandle's salary in the deal.

Yandle's 40 points (four goals, 36 assists) are tops on the struggling Coyotes this season. **THE CANADIAN PRESS**

Flames ship Glencross to D.C.

Despite being in the playoff picture, the Calgary Flames traded pending-free-agent winger Curtis Glencross to the Washington Capitals for second- and third-round picks.

"As tough as it is to say goodbye to everyone in Calgary and the fans — I've had such great support over the years — I'm excited for a new start," Glencross told reporters in Philadelphia on Sunday. Glencross has nine goals and 19 assists in 53 games this season for Calgary, which is three points out of the second wild-card spot in the Western Conference. **THE CANADIAN PRESS**

Dubnyk named February's top star

Minnesota goaltender Devan Dubnyk, Montreal goalie Carey Price and Washington forward Alex Ovechkin are the NHL's three stars for the month of February.

Dubnyk led the NHL with 11 wins and three shutouts for the Wild in February to claim first-star honours. He has started all 20 games since his arrival in Minnesota Jan. 14, posting a 15-3-1 record with a 1.64 goals-against average, .937 save percentage and five shutouts in that span.

Price went 9-1-1 with a 1.34 goals-against average, .949 save percentage and two shutouts last month.

Ovechkin led the NHL with 10 goals and tied for most points with 17 in February. **THE CANADIAN PRESS**



The Coyotes traded Antoine Vermette, left, to the Blackhawks for a first-round draft pick and a prospect on Saturday. Mike Santorelli, right, was recently traded to the Predators in a deal that landed the Maple Leafs a first-round pick. CLAUD ANDERSEN/GETTY IMAGES

Trade deadline turns into sellers' market

NHL. Draft picks going fast and furiously as contenders making deals for veterans

General managers, count your draft picks. In this trade market, they're valuable currency.

In the days leading up to Monday's 3 p.m. NHL trade deadline, draft picks have been moving at a fast and furious pace. It's a seller's market and much more selling could be coming before the clock runs out.

Already the Toronto Maple Leafs, Carolina Hurricanes and Arizona Coyotes have gotten first-round picks for Cody Franson and Mike Santorelli, Andrej Sekera and Antonie Vermette. Older players like Kimmo Timonen and Jaromir Jagr have fetched second-rounders and more.

On Sunday, the New York Rangers acquired all-star defenceman Keith Yandle in a deal that landed the Coyotes two draft picks.

Philadelphia Flyers general manager Ron Hextall didn't

want to say he's licking his chops about what else he could get in other deals after acquiring second- and fourth-round picks from Chicago for the 39-year-old Timonen, who hasn't played this season.

"In the end they may have underpaid by a long shot for this deal," Hextall said on a conference call Friday night. "If Kimmo had played all year and we had moved him right now, this wouldn't have been

the return. It would've been, I believe, far greater than this."

Considering that and the recent price for contenders to get deals done, the first-year GM is probably right. Jeff Petry of the Edmonton Oilers and Zbynek Michalek of the Coyotes are the top pending-unrestricted-free-agent defencemen available, and the Leafs might even be able to get something for Korbinnian Holzer.

If Washington GM Brian

McLellan wanted to deal pending UFA Mike Green, he might be able to land one heck of a haul. But with the Capitals a contender to come out of the East, they're likely better suited to hold on to him and make a run, and acquiring Curtis Glencross from the Calgary Flames on Sunday helps that cause.

The Capitals are far from the only team that believes it can go deep in the playoffs, and a wide-open East could set the table for an interesting pre-deadline frenzy. The banged-up Boston Bruins would love to add someone as centre David Krejci is out with a knee injury, and the Montreal Canadiens could use some depth on a team that has been carried largely to first place in the Atlantic Division by goaltender Carey Price.

Out West, the Blackhawks gave up a handful of picks to get Vermette from Arizona and Timonen from Philadelphia, using the salary-cap space created by the potentially devastating injury to star winger Patrick Kane. Adding them to the mix of buyers made the market even more competitive in the past week. **THE CANADIAN PRESS**

Trade bait

The struggling Leafs have made a number of moves already, but anyone from goaltenders Jonathan Bernier and James Reimer to captain Dion Phaneuf to forwards Phil Kessel, Tyler Bozak and Joffrey Lupul could be on the move.

"They could trade every-

one or anyone," Bozak said Thursday night.

"We put ourselves in this situation," Phaneuf said. "We have underachieved as a team, and when that happens, change comes."



Dion Phaneuf
BRUCE BENNETT/GETTY IMAGES

NBA

Clippers calmly dispatch Bulls

DeAndre Jordan had 26 rebounds and Chris Paul scored 28 points Sunday, leading the Los Angeles Clippers to a 96-86 victory over the Chicago Bulls.

L.A. was behind 76-75 when Jamal Crawford made a three with 8:02 left. The Clippers never trailed again.

THE ASSOCIATED PRESS

Cavaliers at Rockets

LeBron shaky from the line with game on the line

James Harden scored 33 points for Houston and Cleveland star LeBron James missed a pair of free throws with 4.2 seconds left in overtime, helping the Rockets hold on for a 105-103 win over the Cavaliers on Sunday. THE ASSOCIATED PRESS



LeBron James goes to the basket against the Rockets' Josh Smith on Sunday in Houston. THE ASSOCIATED PRESS

Garnett gives back

1,000

Kevin Garnett has purchased 1,000 tickets to Minnesota's next game in appreciation of Timberwolves fans for their welcome of his return to the team. The Timberwolves made the announcement on Sunday morning. They host the Los Angeles Clippers on Monday night. The freebies courtesy of the 15-time all-star power forward will be available on the team's website on Monday morning. The first 500 fans to claim them will get a pair of seats.

Cricket World Cup

England, Pakistan take different paths

England lost another Cricket World Cup match by a big margin Sunday, and its odds of making the quarter-finals are fading. Pakistan did the opposite, winning for the first time in three matches to improve its chances of reaching the final eight.

Nine days after losing

to New Zealand by eight wickets, England returned to the same venue at Wellington and lost by nine wickets to Sri Lanka despite posting a challenging total of 309.

At Brisbane, Australia, Mohammad Irfan used his height to full effect to take four wickets as Pakistan defended a low total against Zimbabwe to get its tournament campaign back on track with a 20-run victory.

THE ASSOCIATED PRESS

Another first for The Special One

Soccer. Mourinho gets trophy No. 1 in second stint as Chelsea manager

The longest title drought of Jose Mourinho's managerial career ended, and the prospects of League Cup glory being followed by Premier League glory also improved on Sunday.

Before Premier League leader Chelsea beat Tottenham 2-0 in the first final of the English season, second-place Manchester City lost 2-1 at Liverpool.

So Chelsea's players paraded the cup at Wembley Stadium knowing that, in the quest for the biggest domestic prize, Chelsea has a five-point lead

with a game in hand.

"It's very important for me I had the same feelings as my first final I don't know how many years ago," Mourinho said. "It's important for me to feel a kid at 52 years old."

Mourinho's first triumph since winning the 2012 Spanish title with Real Madrid, and ensured his second season back at Chelsea will not end trophy-less like his first.

"For the club it's one more cup," Mourinho said. "But it's the first one of a new team."

It was the oldest player in the starting lineup, though, who scored the opening goal at Wembley: John Terry.

With the aid of a ricochet off Tottenham defender Eric Dier, the

34-year-old captain netted from close range past Hugo Lloris just before half time. Diego Costa's attempted shot then went into the net off Kyle Walker's outstretched leg in the 56th minute.

"Spurs made us be humble and think in this game strategically to win this final," said Mourinho, who won five trophies in his 2004-07 spell as Chelsea manager — starting with the League Cup.

In a bid to keep his team focused, Mourinho tried to prevent them knowing the score of Man City's lunchtime Premier League game at Liverpool. It didn't work.

"I wanted complete silence, I didn't want reactions to that (result) and we were successful on that," Mourinho said.

"But one member of my staff jumped on the bus (to Wembley). I want to kill the guy. The member of my staff broke the rule."

It was with good reason, given the advantage Chelsea has in the Premier League title hunt with 12 games to go.

What was being celebrated was Philippe Coutinho's Anfield win-



Chelsea manager Jose Mourinho celebrates on the pitch with his players after the Blues' 2-0 win over Tottenham in the League Cup final on Sunday at Wembley Stadium in London. CLIVE ROSE/GETTY IMAGES

Quoted

"He's a joy to watch. He's a kid who has so much ahead of him. A sensational footballer, and now he's starting to add the goals to mirror that quality."

Liverpool manager Brendan Rodgers speaking of 22-year-old Philippe Coutinho, pictured, who capped his latest impressive display by curling in a 25-metre shot in the 75th minute against Manchester City, adding another long-distance strike to his repertoire of recent stunning goals.



ner in the 75th minute.

Liverpool captain Jordan Henderson had whipped in a near-identical strike to give the hosts an 11th-minute lead. Although Edin Dzeko equalized

after a slick move, defending champion City was sluggish.

Liverpool, which was second behind City in the title race last season, has recovered from a poor start to sit only two points

behind the top four.

Arsenal finished the weekend still in third place, a point ahead of Manchester United, after beating Everton 2-0.

THE ASSOCIATED PRESS

Rousey rises to a new level in latest title defence



Ronda Rousey forced Cat Zingano to tap out after just 14 seconds on Saturday night at Staples Center in Los Angeles. HARRY HOW/GETTY IMAGES

Ronda Rousey has stopped every opponent she has faced in her meteoric mixed martial arts career, so a first-round victory is no shock for the UFC's bantamweight champion.

Except nobody had finished a UFC title fight this quickly, and hardly anyone had ever done it with so much flair.

Rousey stopped Cat Zingano with an acrobatic armbar after just 14 seconds, dramatically defending her 135-pound title at UFC 184 on Saturday night.

Rousey's fifth title defence ended before the sellout Staples Center crowd could process what it just witnessed.

"There's very few situations where a fight goes 14 seconds and the crowd is cheering and going crazy and looking at each other with their mouths open," UFC president Dana White said.

Rousey (11-0) earned the most impressive win of her career with amazing speed, taking out the previously unbeaten Zingano with her signature armlock.

Zingano (9-1) dropped Rousey on her head with a flying charge at the opening bell, but the champ used her peerless judo skills to flip Zingano onto her back. Rousey scampered into position to wrench

By the numbers

96

Ronda Rousey's last three fights have lasted a total of 96 seconds, including two bouts against previously unbeaten opponents. Her 14-second finish was a record for any UFC title bout.

Zingano's arm grotesquely — and just like that, the challenger tapped out.

Rousey wasn't surprised by the opening charge: She suspected Zingano might try to catch her unprepared. Rousey

didn't expect to get turned upside-down, but when it happened, the Olympic medal-winning judoka relied on instinct.

"I made that up on the fly, to be honest," Rousey said. "But it was kind of funny: We were going toward the ground, and I kind of reverted back to judo mode and was thinking, 'Don't touch your back. It's a point.' That's where the acrobatic thing came from, was thinking about not touching your back in judo."

At this point, nobody in the sport can touch Rousey, the most dominant champion in MMA. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
**Scan this image with your
Metro News app for today's
crossword and Sudoku answers.**
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

An older friend or family member will give you some invaluable advice. You may be doing well at the moment but if you are willing to learn you will soon be doing even better.

♉ Taurus

April 21 - May 21

Don't worry if others say you don't take enough risks. If you follow your instincts over the coming week you will go much further than your critics.

♊ Gemini

May 22 - June 21

You will be eager to do favours, but don't force yourself on those who have not asked you to help. Some people prefer to suffer in silence.

♋ Cancer

June 22 - July 23

Something you value will go out of your life today. But you know you need to make room for the even better things coming your way very soon.

♌ Leo

July 24 - Aug. 23

Your opinion about someone you work or do business with will change dramatically today. Talk to them and get to know them better — it could be the start of a beautiful friendship.

♍ Virgo

Aug. 24 - Sept. 23

Not even a Virgo knows all the answers. What you discover today is sure to take you by surprise. How many other issues do you know less about than you imagined?

♎ Libra

Sept. 24 - Oct. 23

Don't keep your schemes and dreams to yourself: they are big enough for everyone to share in.

♏ Scorpio

Oct. 24 - Nov. 22

If you need to get back on good terms with a loved one or a relative now is the time. Just let them know your recent disagreement is well and truly forgotten.

♐ Sagittarius

Nov. 23 - Dec. 21

You will have to deal with someone who hates to take risks. According to the planets you will need this individual's help in the near future, so be nice — or at least pretend.

♑ Capricorn

Dec. 22 - Jan. 20

You will discover something about a friend that makes you understand why they have been behaving so strangely. Keep what you find to yourself.

♒ Aquarius

Jan. 21 - Feb. 19

You need to make peace with someone you fell out with a week or two ago. Get over your disagreement and focus on what is important.

♓ Pisces

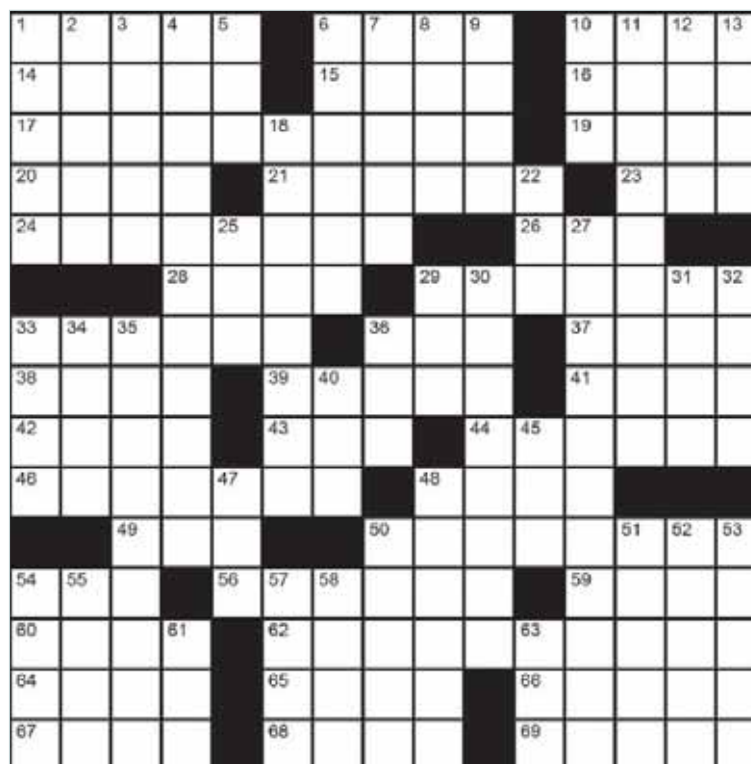
Feb. 20 - March 20

You need to reveal more of your feelings. Others don't know how to take you because you have been wearing your deadpan face for so long they fear it might now be for real. It's not, so get rid of it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Civil Rights leader Mr. Jackson
6. School subj.
10. Assorted [abbr.]
14. Keen
15. Travelling
16. Certain preposition
17. The Cartographer of _____ (P.S. Duffy's WWII novel set in the Western Front and Nova Scotia)
19. Image
20. "Before ____ you go..."
21. Objective
23. Mil.'s special ____
24. Suitor's song
26. Verb suffix
28. Read: French
29. Withdraws oneself
33. Ancient fortune-telling women
36. Howe'er
37. Judicious
38. Monster
39. San Jose Sharks player Matt born in Brentwood Bay, BC
41. "Immediately!" in the ER
42. Trick
43. Robin Roberts' show, commonly
44. Exit
46. Mr. Capote's
48. New-____
49. Prime meridian std.
50. Fugitive's plight, if caught



54. Bonfire remnant
56. "Take Me to Church" singer
59. Oz: Dorothy's surname
60. X-mark a ballot
62. Song by Canadian band Metric that goes: "Fingertip to

63. painted lip...": 2 wds.
64. Atomic Number 26
65. "In the Valley of ____" (2007)
66. Domesticated
67. E-Mail button
68. Danube+River, in Budapest
69. Not quite right

Down

1. Ms. Joplin
2. School: French
3. Ur's locale in ancient Mesopotamia
4. Fredericton's nickname, City of ____
5. Poetic nightfall
6. Sick: French
7. On the ball
8. Piquancy
9. ____ Park in London, England
10. Pas toi
11. Nunavut: Baffin Island's Meta ____
12. Discontinue

13. Pros opposites
18. Pisces, for one: 2 wds.
22. Poetic contraction
25. Nothing
27. CBC's "The National", for one: 2 wds.
29. Sushi tuna
30. 007 love interest: 2 wds.
31. Pre-1917 emperor
32. Paving stone
33. Cushy
34. ____ Straminsky, mess worker on "M*A*S*H"
35. BC: Body of water between Vancouver Island and Malcom Island, ____ Strait
36. Old airline, e.g.
40. House's den, et al.
45. poet mr. Cummings, et al.
47. Sports fig.
48. Vocal legend Ms. Franklin
50. Denizen of the Leaning Tower city
51. Campbell or Watts
52. Q. "Is this yours?" A. "No, it must be somebody ____."
53. Bassoon props
54. Notice: French
55. Upset
57. Uttered "That's nice dear."
58. Phonetic alphabet's last letter
61. Finish
63. Airport posting, e.g.

Last Week's Crossword



Online

See today's answers at
metronews.ca/answers

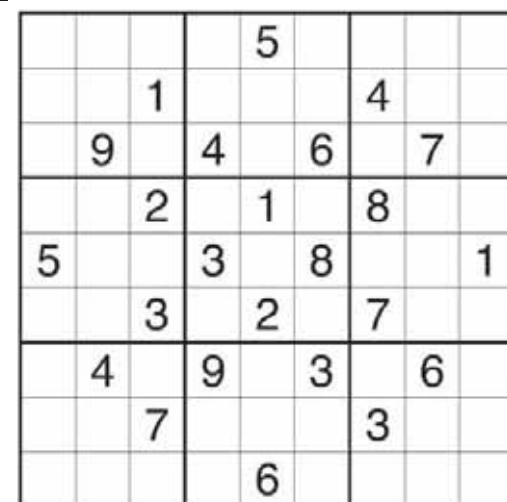


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Last Week's Sudoku



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